

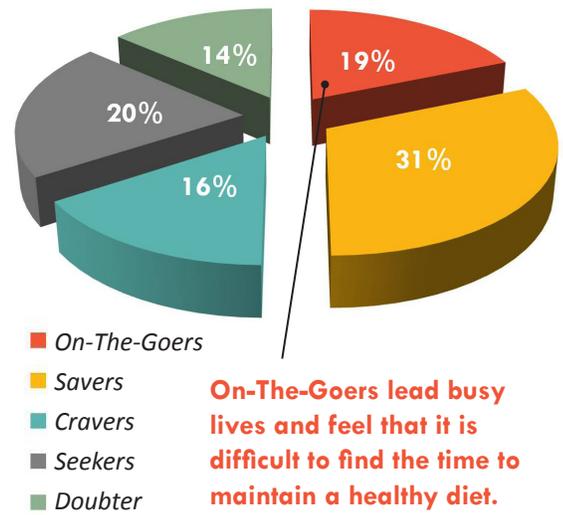
You are an On-The-Goer.

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On-The-Goer As an on-the-goer, you probably have a good idea what you SHOULD be eating but finding the time to make it happen can be tricky, resulting in fast food meals, less than healthy convenience foods, vending machine snacks or skipping meals all together. Today's fast paced life doesn't leave a lot of extra time to spend hours in the kitchen making everything from scratch, but that doesn't mean you have resort to pre-packaged meals or the drive-through.

Focus on planning ahead to make sure you always have something healthy to eat on hand. It's easy to eat better when your kitchen and desk drawer are stocked with healthy foods. Prepare meals on the weekend that will provide leftovers to help get you through the week. Stock your kitchen with a few 'plan b' staples that can be ready in few minutes when things don't work out as planned. I like to keep frozen shrimp, canned tuna, quinoa pasta and frozen veggies on hand so there is no excuse for having to resort to a poor quality fast food dinner. Stash trail mix in your desk or car for a healthy snack on the

What is your biggest barrier to eating healthier?



Time Saving Tips



Keep an on-going grocery list so you can accomplish your grocery shopping quickly and efficiently and not have to make multiple trips.

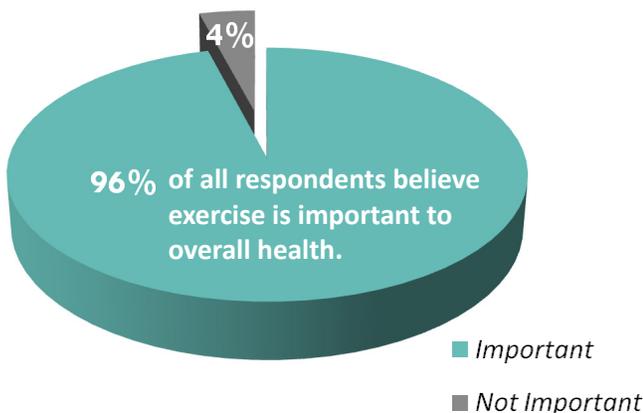
If grocery shopping feels like a chore, try out online services like Instacart, Artizone, Peapod or other grocery shopping services.

Get a blender that allows you to blend right in the cup and keep smoothie ingredients on hand. A quick smoothie is a much better choice than skipping breakfast or eating the pastry you might otherwise grab at a coffee shop.

Graze or Naturebox snack delivery services provide you with customizable, healthy snacks delivered to your home or office.

Do You Make Time for Exercise?

How important is exercise to overall health?



While 96% of people surveyed believe that exercise is important to overall health, many of us don't make very much time for it. Don't let your busy lifestyle stop you from prioritizing your health.

How many days a week do you engage in dedicated exercise?

